You are the salt of the earth
You are the light of the world
let your light so shine before others
and glorify your Father in heaven

Salt & Light

acet UK

November 2026

As I write this, two celebrities are in the limelight for rape and sexual assault. I'm not going to comment on those particular cases except to say that both claim to be innocent and of course, it's not "all men".

What I do want to tell you about is some 2026 research which recruited 2689 men, aged 18-34, to answer questions anonymously.

95.1% of men, I'll say that again, ***ninety five point one percent of men*** reported having recently used at least one of *36 strategies to get sex from a woman* who *they knew did not want it* and *had not consented* and *who had no prior romantic or sexual history with them*. 65% resulted in successfully forcing the woman into sex, (that's 65% of occasions, not 65% of men), with 70% of the men perceiving no negative outcomes. I'll say again, it is not ALL men, but it is a lot, and we do have a significant problem. Male violence does not survive without our silence. Refuse to be silent when you know something is wrong. Please.

The normalisation of sexual violence against women is a problem that we cannot afford to ignore. It is a crisis of epic proportions. happening right now in your lifetime.

Solutions exist. The data is clear. The moral case is overwhelming. The only question remaining is whether enough of us believe that prevention should focus, not only on teaching consent, but also on challenging the beliefs, norms and sense of entitlement that allow men to choose pressure, manipulation and persistence as acceptable ways to obtain sex.

I'm so grateful that **through your support we can transform culture**, but make no mistake, we need to stand together to do it. Please do not be part of a system that protects predators at the direct expense of survivors.

Catherine Healey

"Isolate, Inebriate, Intimidate, Repeat" by Lucia F. O'Sullivan and Scott T Ronis.



Paul & Moji worked across London

esteem
acet uk

Our strategy to focus on training those who already have regular contact with young people is working well, and in the last school year, we were thrilled to teach another five 6-day courses on Teaching Relationships and Sex Education (RSE). As always there were a diverse mix of candidates: teachers, police, journalists, stay at home parents and health workers as well as others, living abroad, keen to bring good relationships and sex education to their own areas. Despite only having one trainer for most of the year, his hard work and commitment meant that, we were able to train 83 more RSE educators. Additionally, with the assistance of some of our esteem network working part time, we were able to reach almost 4000 students throughout London.

We were also delighted to be able to train *every single* RSE advisor from the Stori Cymru Project to become accredited RSE educators this year. Twenty-two RSE advisors, one from each Welsh county, will support schools & teachers across Wales to confidently deliver RSE, following the Welsh RSE code and the three progression steps in the Curriculum for Wales.

Commissioned by the Welsh Government, the project started in September, and we are looking forward to supporting them to increase their reach and effectiveness across the whole country.

"I've been teaching for 7 years, so I really thought I knew a lot already, but this was very helpful thanks. And thanks for giving real-life examples - I didn't know all that about HIV. It's actually blown my mind that we don't know more. Our young people need to know ALL of this."

"I found today, particularly, very informative as I learnt more about Sexually Transmitted Infections today than at any other time in my life and even learnt a new one!"

We spoke to a 26-year-old, accredited RSE educator, working as a youth worker in a local school. She is part of our esteem network took seven year-8s through the BOYS' project and told us,



As someone who has experienced rape, it's great to be able to see young people actually shifting in their mindsets that, for example "Girls like it rough" is just not true. Or realising that they too can actually remove consent at any time.

But also, to tell those who have already done things that they wish they hadn't, that they can start afresh and don't need to be defined by their past actions. The boys who I taught gained so much confidence in themselves, and their negative attitudes towards women and girls have completely changed since being on the course. They are more open to asking questions and really engaged well as it is content designed just for them.



RSE educator, name withheld for anonymity



We were delighted to discover that one of our esteem educators individually reached 4518 unique children this year alone! We say unique, because many educators engage in lessons with children weekly, monthly and termly, so it's important that we only count unique students reached.

If everyone we've trained reached that many young people this year, then they would have reached over 3,500,000 in 2026!

It's no wonder she won Independent Educator of the Year award this year! Congratulations PJ! PJ runs Re-phrase in Exeter, Devon and beyond!

Independent Educator

ALTARIS BUSINESS AWARDS 2026

Young people today are navigating relationships in a world very different from the one that you likely grew up in. At 25, a young man is 26 times more likely to be living with his mum than with a wife. Compared to 1976, England and Wales now have around 3.7 million fewer married people under 30 despite them now being a larger part of the population.

Pornography has been normalised, and most children now encounter it between 12 and 13, but a quarter see it *before* they're 11, with some as young as six or seven. Children from lower income backgrounds are 50% more likely to have seen it by 11 than their better off peers. For many it may be their first unfiltered introduction to sex and relationships, but:



The impact is not evenly felt. Almost half of men aged 18 to 29 watch pornography at least weekly, compared with around one in seven young women. One in four young men watch porn daily or most days, compared with just 2% of young women. Yet concern is shared: 70% of young women and 62% of young men believe pornography is bad for men, and most think it damages relationships between the sexes.



Many young people are also struggling to switch off, with almost one in 20 people at high risk of compulsive sexual behaviour, which can include problematic pornography use. That's higher than comparable rates for gambling, alcohol or drug addiction. In fact, more than half of therapists working with men with addictions reported a rise in pornography addiction last year.

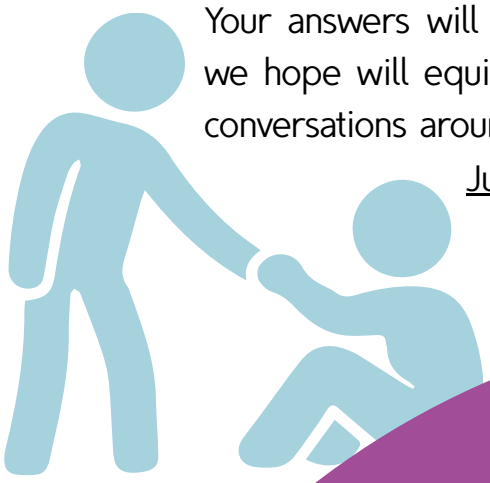


Nearly one in five students say they, or a friend, have used AI for a romantic relationship, while £5.4 billion was spent on OnlyFans in 2024. More than 2.7 million 18 to 34 year olds have considered creating photos, videos or live streaming content for this platform or a similar site

Thank you for your support, which enables tens of 1000s of children every year to recognise healthy relationships at home and in school and to make informed choices and feel confident about connection, consent and sex. Young people need healthy self esteem and relationships built on trust, respect, communication and, when romantic, genuine intimacy - which they cannot get online.

Know any Christians?

We are looking to improve our offering to young people in Christian, faith based environments and we need your help! We'd love to offer more support to youth workers, parents, in fact, anyone working with young people in a Christian context on how to have conversations about healthy relationships and sexual wellbeing.
We'd love to hear from you! This survey takes about 10 minutes and gives you the opportunity to share your thoughts and concerns.



Your answers will feed directly into the development of resources that we hope will equip and empower youth workers and parents to tackle conversations around sex and relationships that can be challenging.

Just click on this link to take you there. **Thank YOU**

Is there a Christian community at your local school? Are there Christian parents? Are there Christian staff? Does your local church support their assemblies and lessons? For many of us, the answer is probably *"I'm really not sure"*.

We've partnered with Cross Connecting, who are hoping to change that. Cross Connecting is a new website designed to connect Christian parents, staff and local schools workers in a particular school. If you are a grandparent, parent or simply attend your local church Cross Connecting gives you the opportunities to discover other Christian families and see if there are ways to support Christian teachers or how your church can work in the local school.

If you are a children's/youth worker Cross Connecting gives you the opportunity to find keen parents who you might otherwise never meet and Christian Teachers who may give you ideas on how you can support their school. It's free to register and you simply follow the schools where you have an interest. This is a new site so you may not see many people on there yet, but everyone needs to start somewhere, so please do join (for free!) and increase opportunities for our schools, communities, children and teens to meet Jesus.

Cross Connecting



Nigeria

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We were thrilled to run a 2-day Reusable-Pad Training in two communities in Nigeria. 98% of girls taking part had never been exposed to skills training before, so required additional time for practical coaching and mentoring.

After training, 86% of girls scored >75% in menstrual hygiene facts and have been encouraged to continue producing reusable sanitary pads and to share their new knowledge and skills with other girls and women in their communities. This peer-to-peer approach will help extend the benefits of the training while promoting improved menstrual hygiene management and livelihood opportunities.

During the training, the ACET Nigeria Director talked to the girls about the intrinsic worth, dignity and value of girls & women. Improving their self-worth and building positive esteem is key to their mental health and livelihood outcomes, especially in a culture where women are systemically marginalised and sidelined.

ACET Nigeria implements community-based HIV awareness, education, counselling and testing across four states,increasing community knowledge of HIV prevention and treatment, reducing the stigma associated with HIV, and promoting early diagnosis through counselling and testing. Each outreach combines HIV testing with screening for Hepatitis B and Malaria, whilst pregnant women are identified and referred for anti-natal care and prevention of mother to child transmission services.



"They took me at my lowest point and helped me realise that I do have value"



Zimbabwe

"Sadly, I experienced financial hardships from a young age. I had difficulties in school and was often sent home because I didn't have the necessary paper or pens and my parents couldn't afford to pay my school fees. I eventually dropped out when I was in form two, age 13, due to pregnancy. Without the right kind of friends, I fell in with the wrong crowd and engaged in destructive behaviours, straining my already poor relationship with my family. I felt like a failure. I have now learnt to be resilient and overcome difficulties and know that actually, tough times don't last forever."

Last year, the Shining Star Peer Education programme reached 59 young girls involved in prostitution, in Bulawayo, Hwange, and Plumtree; providing a vital pathway out of sexual exploitation.

ACET Thailand



"I never imagined that speaking up just once would change my life—and help protect my friends as well. For me, the greatest lesson was learning that asking for help is not a sign of weakness, it is an act of courage."

My name is Asawin "Win", and I am 10 years old. I live with my parents near my school, which is in the centre of our community. After school, I like to play football with my friends. Sometimes older teenagers and other people also join us.

About two months ago, an older boy began approaching me. At first, I thought he was only joking, but over time he started doing things with me and I felt awkward and uncomfortable. It made me really anxious, and no longer enjoyed going to play football. Even though I didn't feel safe, I didn't tell anyone. I thought that no one would believe me because he was much older than I was.

Everything changed when the ACET team visited our school. During the session on body safety, personal boundaries, assertiveness skills, and identifying trusted adults, I realised for the first time that what I had experienced was not acceptable and that he had crossed boundaries that he should not have done and I had the right to be protected.

It was not just the lesson that gave me courage, the team were very kind and patient and really cared about me and what was happening to me. They made me feel safe and listened to me and, for the first time, I decided to tell someone what had been happening.

As soon as the disclosure was made, the ACET team activated child safeguarding procedures. After the team listened carefully to Win's story, they assessed his immediate safety and provided emotional support to make sure he felt safe. Then the team worked closely with his class teacher and the school to develop an appropriate protection plan. The school responded promptly, by installing CCTV cameras near the toilets and increasing adult supervision after school hours. Meanwhile, the ACET team continued to check in with Win, over the following weeks, ensuring that he was able to return to his normal school life.

The boy who had made him feel unsafe no longer returned to play football and Win regained his confidence and returned to play with his friends, once he felt safe again.

Your support provides far more than just knowledge. It equips children with the confidence to speak up, connects them with trusted adults, and enables effective safeguarding systems to protect the school community.

ACET Ukraine

It's very hard. Dad is fighting on the front and every time I hear the news about someone dying, I cry. It's so scary.
It's really scary when you think about whether you will ever see your dad again. Thank you for caring. You told me to tell my mum about my experiences. I was afraid that she would not stand it because it was already very difficult for her but on the contrary, she supported me, and we cried together and then said everything we felt.
Now we talk openly about experiences every day. Thank you.



During the first six months of the year, the programme reached 6,020 teenagers, in 76 schools and 8 colleges, running 194 classes and 27 groups, all of whom completed the core curriculum with many attending additional sessions based on local needs also.

Delivering lessons remains challenging due to constant bombing, air raid sirens and unsuitable shelter conditions, which daily interrupt lessons. Despite these significant challenges, the Healthy Youth programme provides valuable support and significant impact for students, teachers, and families. Feedback highlights improvements in students' behaviour, emotional wellbeing, resilience and awareness of important social issues. And, excitingly, demand for the programme now exceeds current capacity creating a need for additional educators to be trained.

The ongoing war has had a profound and severe psychological impact on Ukrainian young people, especially those aged 8–11. Many experience increased levels of anxiety, depression, and emotional trauma and their behaviour has become noticeably more aggressive.

Requests for support relating to bullying, violence prevention, suicide prevention, and emotional wellbeing have increased significantly. For two years now all schools have police officers onsite to manage aggressive behaviour, but our educators believe deeper emotional & values-based support is needed. These quotes are from students aged 10+

"My parents don't have time for me."
"I stopped talking because they act like I'm fine."
"My parents don't understand my feelings."

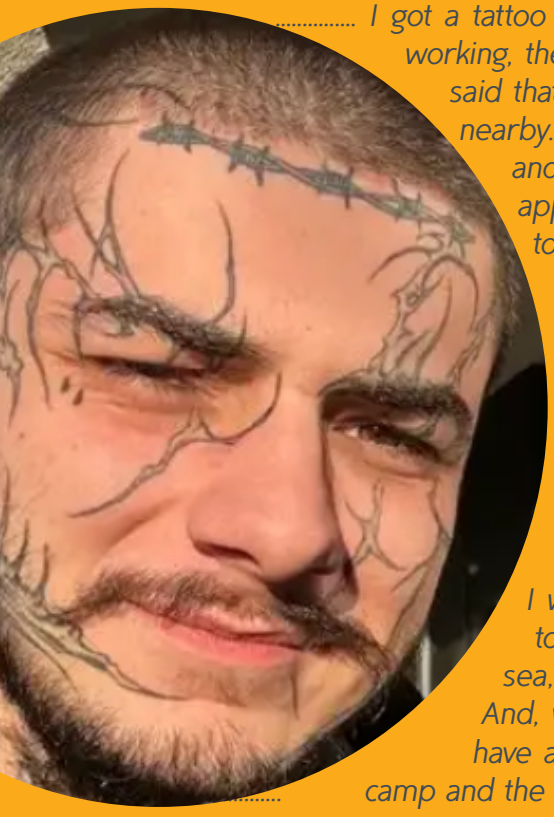
ACET encourages children to talk openly with their parents about their feelings, but many report feeling ignored, or dismissed risking driving further emotional distance between parents and children during adolescence. We talk with parents too and this approach works.

Several of our projects are in countries where it's very dangerous to work as a relationships and sex educator and so we rarely talk about them. But this story was too good not to share.

How do I feel after these seven days? Are you serious? I died here and was born again. I've been in church since I was 7. My mother's a believer my dad is a church deacon.

Every Sunday, my mother dragged me, my brother and my sister, on the bus to the church. Mom would sing in the choir, Dad would preach and make announcements. Then we'd come home. In short, I was in church, but I didn't know God AT ALL.

***Dad was often annoyed, mom cried often, but we children didn't understand why**. Then, sometime in year 6, my studying got worse and **my father beat me**... like everything according to the Scriptures, 'he who spares the rod for his son' and so on. I was angry with him because he usually hit unfairly. My mother interceded for me, and he yelled at her that she had spoiled me. He disappeared somewhere every day and I got sick of it. I left school at 15, went to a construction college, also where I saw your guys for the first time. They talked about drugs. I didn't finish college, **I had a fight** with the master there. He's a scumbag. I got a job in a hotel. It was OK. I'm a strong guy, familiar with boxing and I offered to help security in a nightclub. Young people there often overdo it drinking and they need to be calmed down. They offered me a small room and I lived in this small room and worked part time with bouncers. I became a bouncer myself, I met a girl, we even got married, but **she left six months later**. She said that she was wrong about me, that I have brains in my fists, those were her words. When the divorce was formalised. I was alone. I got tattoos out of longing and stupidity. Then more, then more. Then some demon got into me.....*



*..... I got a tattoo all over my head and face. **I started using substances**. While I was working, there was money, and everything seemed to be OK, but then the boss said that our club was being closed because of **two murders** that took place nearby. Not in our club, but nearby on the street. A girl and a guy were shot. and I was out of work. I came home, my mother was shocked by my appearance, dragged me to the church to pray for me. I went so as not to make her angry and to give her some money. The people in church were huffing at me. No one approached. My mother said that my tattoos were too scary. **I spat and left.***

*But it turned out that Mom was at one of your seminars and gave you my number. When you called me, **I was high and couldn't talk** properly. That's why I hung up. But then you sent a text message and I thought we could meet, maybe you could throw me some work. I went to a cafe, I didn't have any money but you offered me a latte and I thought, well, a cool man. But you started talking about God, I wanted to leave, because that's why I left to start with. But when you told me about your life, about your parents' divorce, about working at sea, and then living in Africa, something inside me clicked. I believed you. And, when you called and invited me to the meeting, I was happy. I don't . have anyone here at all No friends, no girlfriends. And the invitation to the camp and the fact that your church paid the fee for me. **I couldn't believe it.***

*And here I am here for a whole week. **Every day is like a new breath.** Rise, exercise, pray, Bible talks, games, contests, it's all been so great and so unusual for me. I'm shy and I was worried that, because of my appearance, I would not be accepted. This camp is Christian, it's like some kind of island. Both boys and girls, everyone here, has a very positive attitude towards me. And after Friday, when you preached about a new life after the flood, I really buried the old me and decided to try all over again. Thank God you brought me here. Thanks to all the guys for their support and friendship. And while I was here, my mother called and said that there was a vacancy for me. One brother from the church, the owner, agreed to take me on probation. So, as you said, life begins after the flood. Please don't stop praying for me. I need it. Thank you.*

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Want to double your money?

It's only two weeks until the BIG Give happens!
Usually we work through the BIG Give website, but this year is a bit different, we will be running it directly from our own website, but don't worry, your money will still be doubled!

An amazing donor has promised to ***match everything that YOU give,*** *up to £6000!*

So **PLEASE save the date- December the first**, which is fittingly also World AIDS Day. December the first will be the first day you can double your money and **we have just 8 days to hit our target of £12,000!** £6000 from you and £6000 match funded. Every penny raised will be going to our fantastic projects:

Empowering children in Nigeria, South Africa & Zimbabwe to challenge the norms & change attitudes towards gender based violence.



Just scan this code or click this link to go straight to our website donation page. **Anything we receive from the 1st to the 8th of December will be doubled!** *(up to £6000!)*

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